

THE WATER-CURE JOURNAL,

DEVOTED TO THE EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF
HYDROPATHY, OR THE WATER-CURE.

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"Wash and be Healed."

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NEW SERIES.

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DOCUMENTS FROM GRAEFENBERG.

The following letter, from our friend, A. J. Colvin, Esq., of Albany, in connection with some important documents from Græfenberg, will be received with satisfaction, we doubt not, by all our readers. The length of these papers may perhaps be objected to by some; but it should be remembered that they contain much *practical* information as well as tend strongly to establish the new system given us by Priessnitz, the greatest of all discoverers.
—[ED. JOUR.]

Albany, March 2d, 1846.

Dr. Shew,—I send you some papers on the Water-Cure recently received from Græfenberg, which may prove interesting to the readers of your Journal. The letter of Father Mathew to Priessnitz will at once arrest the attention of every friend of the Total Abstinence cause. It has greatly astonished me that the advocates of Temperance generally have never directed their attention to this mighty subject. Are they aware that it explodes the notion that alcoholic drinks are necessary in any case, even in the most desperate sickness? nay, that the water-cure physician utterly proscribes them as positively injurious? The true disciples of Priessnitz would as soon think of inter-

mixing drugs with the water-cure as spirituous liquors; and the former, you know, are utterly at war with the whole system. Show me a man who will administer drugs or intoxicating drinks with the practice, and I will show you one who is no worthy hydropathist; whose labors will tend to blight a system, the noblest and best, which God has ever vouchsafed to suffering humanity.

Mr. Meeker is the son of Samuel Meeker, a respectable citizen of Newark, New Jersey. He arrived at Græfenberg last spring, and was a room-mate of mine. His disease was bronchitis, with strong tendency to consumption, of which several members of his family have been the victims. The usual means had been resorted to, to arrest the disease before he left home, such as mercurial and tartar emetic applications; and he wore at one time, by directions of his physician, six compresses of flannel about his throat and chest! Do you wonder, that when he reached Græfenberg, he was in a dangerous situation? Within ten days after he commenced the cure, he had no less than *fifty boils*, shortly followed by the *fetid critical eruption* upon nearly the whole body;—results which are peculiar to the water-cure, and which the patient always welcomes as the harbingers of returning health.

It was Mr. Meeker's intention when he

left home, after establishing his health, to study medicine at Paris or Vienna. His letter shows he has forever abandoned the idea, and that he will return a thorough disciple of Priessnitz, and will practise the water-cure upon its true principles, with no admixture of nauseous drugs or destructive poisons.

Mr. Gibbs has been two years and a half at Gräfenberg. He went there as a patient. After his cure, which was effected in about a year and a half after his arrival, he devoted himself assiduously to the study of the system. He is the author of some thirty or forty letters from Gräfenberg, on the subject of the water-cure, which have commanded much attention, and have been extensively circulated in Great Britain.

I am, dear Sir, very truly yours,

ANDREW J. COLVIN.

Gräfenberg, Dec. 2d, 1845.

My Dear Colvin,—

It affords me sincere pleasure to hear that you continue in such excellent health, and that you have not forgotten Gräfenberg and the friends whom you have left here. Not to trouble you with too long a letter, I shall leave it to your other correspondents to furnish you with details of the progress or termination of such cases as may possess an interest for you, and shall confine myself to acquainting you with two occurrences, and transcribing for you two documents, which may be looked upon as not unimportant parts of the history of the water-cure. In October the Arch-Duke Franz Carl, the heir presumptive to the throne of Austria, arrived at Gräfenberg. He was immediately waited upon by a deputation, who presented him with an address, a translation of which I send you. It would have been much more numerous signed, but that it was hastily got up, and that the Austrian officers were restrained by etiquette from subscribing it. This address possesses an additional interest, as being probably the first ever presented to a Prince of the House of Austria. On the evening of his Highness' arrival the pretty little town of Freiwaldau, the surrounding mountains, the road up to Gräfenberg, and the establishment, were illuminated; and his

Highness attended a ball at the establishment. Amongst the principal guests invited on the occasion were the Grand Duchess of Hanault Cöthen and the Prince Bishop of Breslau, both of whom spoke in the warmest terms of Priessnitz, and avowed their convictions, that to him were they indebted for their lives. His Highness received the address very graciously, and, previous to his departure, expressed himself highly interested and pleased at all that he had seen and heard during his visit, respecting the water-cure. Without attaching too much importance to the movements of royal personages, it may be fairly presumed that the approbation of a prince so popular and esteemed as his Highness, will be attended with favorable results.

The Apostle of Temperance, the very Rev. Theobald Mathew, has recently written to Priessnitz, requesting his acceptance of a Temperance Medal.

This strikes me as being a well-merited and appropriate compliment from the first of these eminent men to the other,—from the great moral to the great physical reformer of the age. It is worthy of remark, that ere either of these now celebrated men had, in all probability, ever heard of the other's name, each should have adopted as his instrument that element which ages ago had been selected as typical of man's regeneration. While Priessnitz numbers such a man amongst his friends, you will agree with me in thinking that he may well afford to disregard the calumnies of his enemies.

Trusting that I shall have one day or another the pleasure of again shaking you by the hand, I am, my dear Colvin, ever yours,

JOHN GIBBS.

A. J. Colvin, Esq., Albany.

Letter from the very Rev. T. Mathew to Priessnitz.

Cork, Sept. 25th, 1845.

My dear Mr. Priessnitz,—

Though this is the first time I have had the honor of writing to you, I look upon you as an old and much loved friend. This feeling has encouraged me to address you as such, and to solicit a favor. You have proved yourself the benefactor of the human family, and have much pre-

moted the sacred cause of total abstinence. As a trifling mark of the high estimation in which I hold you, I presume to present the enclosed Temperance medal. Condescend to accept it, and to wear it, and you will confer a deep obligation on, with profound respect, my dear Mr. Priessnitz, your devoted friend,

THEOBALD MATHEW.

Translation of an address presented to the Arch-Duke Franz Carl, on the occasion of his visit to Gräfenberg:

"Sir,—

"We, the undersigned, natives of divers countries, enjoying here the hospitality and protection of a paternal government, seize, with respectful haste, the propitious occasion which the presence of your Imperial and Royal Highness offers us, to lay at your feet our profound homage.

"How could we fail to give utterance to the sentiments of gratitude which animate us towards your illustrious house for the favor it has deigned to grant for the developement of a system which has produced such happy results on ourselves, on all those who surround us, and on so many other invalids who have preceded us. The protection of government having been extended to the establishment at Gräfenberg and Friewaldau, your Imperial and Royal Highness has judged it not unworthy to see, with your own eyes, the marvellous effects of a treatment which, spreading itself more and more, will preserve the human race from the double curse of intemperance and disease.

"For this condescension we tender our thanks. In all times and in all countries the use of cold water, as a curative means, has been tried. The great physicians of past ages had preconceived it: travellers relate singular cures effected by its means amongst even the most savage people. In ancient Europe we see from time to time its light feebly penetrate through the darkness of prejudice and routine, and partially reveal the neglected virtues of this simple gift of nature; but those facts had remained isolated,—the germs of such a noble discovery have hitherto always failed.

"It was reserved for the soil of Austria

to give birth to the immortal author of a system which can already rank amongst the number of the sciences. Priessnitz, a simple peasant, while still young, in a poor and retired hamlet, notwithstanding all obstacles, obeying only his genius, marched with rapid steps towards the destiny of great men. Relying solely on observation and experience, he realized truths which the science of ages could not reveal. The fame of his marvellous cures resounded at first in the surrounding neighborhood, then his star, always rising and never vascillating, ended by shining throughout the world. Invalids from the most remote countries hastened in numbers, implicitly to submit themselves to his directions. Many disciples of medicine even hesitated not to throw aside their prejudices, and enlighten themselves with his discoveries.

"His cottage became the refuge of suffering humanity; his hamlet the seat of a new doctrine. Still, far from being intoxicated with so much success and such unexpected fortune, Priessnitz has in no way changed his simplicity and primitive manners. His greatest ambition is the accomplishment of the laborious task which he has imposed on himself. His sweetest recompense, the affection and veneration of those who surround him. We do not know which to admire the most, the rare genius of this gifted man or the firmness and modesty which characterize him. Guided by gratitude and the admiration we feel for the hydropathic system and its celebrated originator, we have ventured to present this humble address to your Imperial and Royal Highness, not doubting that the visit of such an enlightened prince will be a good augury for the further developement and extension of this healing system, from which we have experienced such happy effects.

Earl of Litchfield, England,
Count Czacki, Poland,
Count Olizar, Poland,
Count Szotdowski, Poland,
Count Gradzinsky, Poland,
Count Morawski, do.,
Baron Tindal, Holland,
Count G. de Nicolay, France,
Count R. de Nicolay, do.,
F. Le Moile, do.,

Marie Princess Oginska, do.,
 J. De Courcey Laffan, Bart. M.D., Eng.
 Baron A. de Lotzbeck, Bavaria,
 Don. J. M. G. Estrada, Mexico,
 L. Abbe Murat, France,
 Count Zielinski, Poland,
 Chev'r H. Malizewski, Poland,
 Lady D'Arley, England,
 Maitland D'Ashwood, England,
 Count de Gouvello, France,
 A. B. Mills, Scotland,
 J. H. O. Moore, Capt., England,
 F. W. Doormaum, Hamburg,
 Count Bassany, Hungary,
 E. E. Linds, Hamburg,
 Diedo, Posen.
 Grattman, Prague,
 P. M. Meyer, Hamburg,
 Sam'l Sinclair, M. D., England,
 Pozibilski, Collegian, Bath, Russia,
 C. Kupper, Wurzburg,
 John Gibbs, Ireland,
 C. Anderson, Ohio, U. S.,
 R. O. de Basle, Switzerland,
 C. H. Meeker, New Jersey, U. S.,
 T. Sherlock, Ireland,
 A. Agricola, Berlin,
 Kurnatowski, Poland,
 S. Gæsky, Poland,
 Illmer, Breslau,
 T. Maghierro, Wallachia,
 G. Zisso, do.,
 E. Kaisser, Munich,
 E. Kassner, Frankenstein,
 F. K. de Zamorden, Poland,
 J. Piechowski, Moscow,
 N. Matecki, Posen,
 H. Meyer, Hamburg,
 T. N. Levy, Dresden,
 J. Fehland, Hamburg,
 A. Leonhards, Petersburg,
 A. Niemann, Leipsic,
 Severin, Hamburg,
 S. Porges,
 T. Wyganowski,
 Gœrlitz, Breslau,
 G. Pietsch, Hamburg,
 Baron N. de Hopkin, Stockholm,
 Dr. Klee, Posen,
 Chiganowski, Poland,
 Dobzebewski,
 J. R. Y. Ribas, Spain,
 Count E. Labiensi, Poland,
 Debschitz, Russia,
 P. Hasowitz, Odessa,

O. Kololitch, Gratz,
 L. A. Des Artz, Hamburg,
 Count G. Schattgotch, Breslau,
 O. Wrochann, Russia,
 J. Hailes, (Major,) England,
 D. Kanowski, Poland,
 Dr. S. Ellis, London,
 J. R. D. Eslaw, England,
 J. L. Malsden, M. D., England,
 P. Franenstadt, Russia,
 C. V. Ganahl, Innsbruck,
 T. Dumba, Macedonia, Greece,
 Precenen, Saxony,
 Aphenbar, Prussia,
 A. Muller, Stutgard,
 K. Binnäcki, Posen,
 Thalheim, Prussia,
 Behrens, Hamburg,
 A. Mackenzie, (Capt.) England,
 Mezethin, Russian Major,
 Delmer, Hamburg,
 J. H. Meyer, Hamburg,
 Mrs. Col. Lane, India,
 Miss Walker, England,
 L. Parker, England.
 T. H. G. V. Schultz,
 Made. de Lydow,
 Prussimali, Polak,
 W. D'Arley, England,
 W. Rogers, M. A., England,
 A. de Zayas, Africa,
 Y. Podgorski, (the Rev.) Trieste,
 Count Folstoi, Russia,
 Countess Friedenthal,
 F. Bajau, M. D., Spain,
 M. B. Albogardo, do.,
 F. Kehrens, Hungary,
 E. Hœlzmann, Hamburg,
 W. Bridgermann, England,
 W. Murray, Ireland,
 C. Rock, Dresden,
 L. Lagier, (the Rev.) Switzerland,
 H. T. F. Tessdorf, Hamburg,
 C. B. Elliott, M. A., F. R. S., England,
 J. Hamilton, Ireland,
 A. Blair, (Capt.) England,
 P. Mayard, D. D., France,
 Rufenseinski, M. D., Poland,
 Princess Sassicka,
 Countess Myciessks, Poland,
 Madame de Zwowitch, Poland,
 E. M. Whyte, England,
 Count Majinski, Poland,
 Baroness de Wilkins,
 Baroness de Burgh,

A. Nowass, Breslau,
Mrs. McDowell, England,
C. B. Lane, C. B., Lt. Col. Bengal Army,
R. T. Claridge, (Capt.) England.
Græfenberg, October, 1845."

Extract from Mr. Meeker's Letter.

Græfenberg, Dec. 2d, 1845.

My dear Colvin,—

I have, with great joy, received a letter from you. I translated it all to Priessnitz immediately on its receipt at the dinner-table,—our usual place, you know, of receiving letters. He was much delighted with it. According to his German phraseology, (of which you know I am very fond,) he sends his kindest greetings to you, says you are still fresh in his memory, and hopes you will always hold fast by the water-cure.

* * * *

I have been collecting cases of various descriptions of disease in my little journal book, and have been particular always to write out Priessnitz's precise treatment of them. They may be perhaps of use to me hereafter.

* * * *

I am still in full career, taking the douche and wet sheets every day as usual, and am almost restored to health, which I hope to renize before spring. I have abandoned all my former notions of the practice of *allopathy*, and shall turn a *Simon Pure Water Doctor*. About six weeks ago I made a trip to Vienna, and had the pleasure of a dinner with our distinguished countryman, Mr. Norris, of Philadelphia, the ingenious machinist, who, as a Vienna man told me, does honor to all America. I was particularly pleased with the disposition and arrangement of the Anatomical Museum there, which consists of several large rooms wherein each and every part of the human frame is so exactly laid out in wax, and the condition of every surgical operation so clearly exhibited, that one requires apparently no other instructor in that branch than the careful examination of all these designs in wax. I intend leaving Græfenberg to pursue the study of anatomy, which is compatible with the water-cure, in Vienna or Paris, before my return home.

* * * *

I have one or two interesting cases, which I wish to relate to you. The most remarkable case I ever witnessed is as follows: I copy it from my journal of the 10th of August. "The subject a peasant; brought up here on the 10th inst. in a waggon. His complaint, the dropsy. Thirteen weeks before, as he himself says, he was in tolerable health, and working out on his farm. His first symptoms were attacks of severe pain in the side, for which the doctor to whom he applied blistered him; the pains then flew to his leg, which was also blistered: his body and leg began to swell immoderately, till the former reached nearly the size of a barrel, and the latter about that of my body.

"His physician then told him he could do nothing better for him than amputate his leg. In this dilemma the poor peasant, whose ability to labor was his only source of livelihood, sent for the military surgeon, that was at no great distance, and asked his advice. He decided, as a reasonable man, that amputating the leg would not better his condition, as the disease was already in the whole system, but advised him to go to Græfenberg, where every thing was cured with cold water, and if any relief lay in store for him, he would probably find it there. Accordingly, as I stated, he was brought hither on a bed in a waggon. On the third day after his arrival he could get out of his bed and walk across his room without help, whereas till then he had always been assisted by two badedieners, (bath servants,) in going to and from his bath. Priessnitz's unflinching ingenuity came to his aid here in a wonderful manner, and enabled him completely to reduce the excessive swelling of the patient's body and legs. The treatment was this: In the night a large meal bag, nearly full of *chaff*, was brought in the patient's room, in which he was plunged from the feet as far up as the navel, and covered up very warmly; this was repeated several nights in succession, always keeping him in the sack of chaff till his *schwitzen** in the morning. He was kept in

* The *schwitzen* is a large coarse woollen blanket, in which the patient is tightly wrapped up, except the head; other blankets and a bed of down follow, and the patient remains thus en-

the schwitzen four hours after perspiration commenced, followed by a plunge in the cold bath. In the afternoon, also, he had a strong sweating and the plunge bath, as in the morning. In a couple of weeks after the commencement of this course of treatment, he was walking about out of doors; in *six weeks* he was enabled to leave the establishment and return home cured. In conclusion of this case I have only to remark Priessnitz's opinion upon it. He says the dropsy can be radically cured when no other complaint is joined with it, and the patient is otherwise in good condition.

* * * * *

My brother has been here about two months, and is getting on finely. We have just had a very remarkable case of inflammation of the lungs. The subject is an English doctor. I never had an idea before what a dreadful complaint it is. He was rubbed last night for two hours in the abgéschrutes bath.† Such was the severity of the attack that Priessnitz had great fears for his life; but he is now out of danger."

Yours, most sincerely,

CHARLES H. MEEKER.

veloped until free perspiration ensues. Many people suppose that Priessnitz sweats his patients in the leintuch or wet sheet. This is a mistake. He never makes use of the wet sheet for this purpose. Indeed, there is scarcely one out of fifty patients, (and there was no less than 600 at one time while I was at Gräfenberg,) that he sweats at all during the whole progress of the cure. The usual process of the treatment is the wet sheet at 4 o'clock in the morning, in which the patient is wrapped until he is thoroughly warm; then a plunge in the cold bath. About 10 or 11 o'clock comes the douche or abreibung and sitz baths, and in the afternoon the leintuch and plunge bath, or abreibung and sitz baths again. The treatment, however, is varied. I scarcely knew of two cases treated alike during the nine months I was at Gräfenberg.—[A. J. C.]

† This is Priessnitz's celebrated bath; it is constructed of wood $4\frac{1}{2}$ feet long, $2\frac{1}{2}$ feet broad, and 80 inches deep, and contains from four to six inches of water of a temperature of about 65° F. In this bath the patient is seated and constantly rubbed by one or more servants for periods ranging from fifteen minutes to several hours, according to the nature and obstinacy of the attack. In cases of apoplexy and paralysis, Priessnitz has been known to keep the patient in for nine hours.—[A. J. C.]

MODES OF PRACTICE AT GRÄFENBERG.

BY R. H. GRAHAM, M. D., OF LONDON.

(Continued.)

Halb-bad.—*Friction with water in the half-bath.*—This operation is performed on the patient whilst seated in an oblong tub, containing from eight to fourteen inches depth of water, generally about 55° or 60° Fahrenheit. The mode of application is, by taking water into the palms of the hands, pouring it on the different parts of the body, and rubbing them at the same time. In this, the patient is required to assist, to rub his stomach, legs and arms, whilst the attendant strenuously operates in the same way on his back and sides, and especially on any part that is particularly affected. Water is first poured on the head and face, and repeated from time to time. This bath is much in use, forming a portion of the preliminary treatment of nearly every disease. It is sometimes continued only for two or three minutes, merely to wash and refresh the body: at others, it varies from that to half an hour, or even a longer period, care being taken that sufficient friction be used to produce reaction, so that the patient may experience a sensation of warmth. This remedy is applied after the moist sheet, and frequently after sweating in a blanket; and is considered very effective in opening the pores and bringing out the "bad stuff."

Sitz-bad.—*Hip-bath.*—This bath is formed of a small round tub with a high back, just large enough to receive the patient in a sitting posture. The water is generally used cold, a dry sheet being thrown over the head and round the shoulders in lieu of a cloak. This remedy is also in frequent use, and is followed by friction with the wet sheet. It is usually taken at 11 o'clock, and often repeated in the evening; and is considered powerfully derivative, drawing down the "bad stuff," and therefore ordered in head-ache, dyspepsia, nervous irritability, "high-seated hemorrhoids," and almost every other case. The patient commonly remains in it for ten minutes, rubbing his stomach the whole time with the water.

The "Douche," or Cataract-Bath.—This bath is constructed on the declivity of a hill, and is supplied from a natural

current of water so directed as to pass along some wooden troughs supported on stays to give them the required elevation. These troughs are contracted toward their extremities, so that the water may fall on the patient in a round, compact stream, from a height of ten or twenty feet. The stream varies in thickness from the size of the wrist to that of the arm, and descends with considerable weight and force. This remedy is said to fortify and greatly excite the system, and is considered at Gräfenberg most effective in expelling the "bad stuff," or those latent diseases which exist in the body. At first it is ordered to be taken for one minute, which, in summer, is gradually increased to five or six, according to the constitution of the patient; but, in winter, it is never used longer than from three to four minutes, more generally from one to two. When the "douche" consists of snow-water it is applied only on the diseased parts; but, if there be considerable pain, in a part suffering from acute rheumatism, or from a "crisis," it is not used at all. When the pain is chronic, or of long standing, and the disease obstinate, this bath should be taken from ten to thirty minutes, but only on the part affected, in order to increase the circulation, excite the action of the capillary vessels, induce a "crisis," and thus expel the disease.

The "douche" is never allowed to fall on the head. On first entering the bath, the hands are held up to break the stream of water, and thus form it into a shower-bath. Neither is the stream suffered to fall perpendicularly on the stomach or abdomen, as in that case it would be apt to excite vomiting, besides producing other bad effects. After the "douche" the patient is thoroughly rubbed with a dry sheet, and directed to take brisk exercise in the open air, so that the reaction may completely take place, and the circulation be fully restored. A glassful of cold water is drunk both before and after this bath.

This remedy is considered a "dernier resort," to draw out old complaints, and to re-establish the circulation, especially in such parts as have become benumbed or paralytic. It is never administered at the commencement of the "cure;" and,

when there is much irritation, head-ache, or other ailment, as during the catamenia, it is suspended.

Wannen-bad, — Plunging-bath. — This bath is constructed of a large circular vat or tub, from five to fifteen feet in diameter, and is supplied with a constant stream of running water of the natural temperature, which stands at about four or five feet deep. It is placed in a shed or out-house, and furnished with steps and a rail to assist in getting out, and is taken after sweating in the blanket. The patient is ordered to dash some of the water on his head and breast previously to getting into it, or, which is preferable, to plunge in headlong; and, whilst in, he should put every muscle into action, rubbing himself and moving about. The time for remaining in, is from one to five minutes, according to his sensations; that is, he should immediately get out on experiencing the first indication of a shiver. He is then rubbed down with a dry sheet and speedily returns to his rooms, when the bath-attendant again rubs him down. He then dresses and takes a long walk, occasionally drinking a tumbler of cold water; and afterwards returns to breakfast.

Crisis. — This portion of the "water-cure" is deserving of most particular attention, inasmuch as its success is said to entirely depend on bringing about this salutary effort of nature, by which the morbid matter, the *causa morbi*, is to be got rid of. To excite the system proportionably to the constitution of the individual and the nature of the malady, so as to produce the "crisis," — to moderate its action when too violent, and to keep it up for a sufficient length of time, — require great skill and experience on the part of the "water-doctor;" whilst the means employed are the heating bandage, the moist sheet, the blanket and the douche-bath, with the drinking of an abundance of cold water.

When the "crisis" has appeared, in order not to provoke too great irritation, on the one side, or to repel and arrest it in its progress, on the other, cold water is seldom used in the form of a bath, but the extreme chill is taken off, so as to make it about 50° or 60° Fahrenheit. When the "crisis," however, does not proceed freely

and favourably, a hip-bath of cold water, or the "douche," is used, in order to rouse the system, and produce a higher degree of excitement, and this is continued for a longer or shorter period as circumstances may require. Sweating in a blanket accelerates the "coction," or maturation of the "crisis," by whatever means it may have been produced; and, at the same time, moderates the violence of the local action, by causing a considerable portion of the pecant humours, or "bad stuff," to exude by the skin, instead of being attracted towards the particular part where the "crisis" is situated. Further, in order to promote this "coction" of the humours, the part is frequently bathed in temperate water. Should it be desirable to remove the "crisis" from one part to another, bathing with warm water is said to repel it into the system, to come forth elsewhere. If accompanied with much itching and irritation, the heating bandage is frequently renewed, the water being each time thoroughly wrung out, as otherwise it might cause it altogether to disappear. This will soothe and allay the irritation. It may also be observed, that the bandage is not to be continued after the "crisis" is past, unless it be desired to bring it back, in which case, in addition to the bandage, the part is to be washed, and well rubbed with cold water several times a-day. Such are some of the different modes of application, and the rules of practice, adopted at Græfenberg.

THE DOUCHE BATH.

The douche, of all the means employed, is the most powerful in moving the bad humors, and disturbing them from the position which they may have occupied for years; they are also used in the greater number of chronic diseases. The douche corrects the weakness which the skin may have contracted in the process of sweating, and also fortifies it. It hardens the body, and renders it capable of supporting all variations in the atmosphere. It exercises a powerful action upon the muscles and nervous system, by the re-action which it provokes. What is understood by a douche, at Græfenberg, is a spring of water running out of the mountain, conveyed by pipes into small huts, where it falls from

the top in a stream about the thickness of one's wrist, which fall constitutes the difference between the douche and a shower bath; outside this hut is another for dressing, constructed like the first, in the rudest way imaginable.

There are six douches in the forest of Græfenberg, the fall of the first is fifteen feet; the second ten feet; the third twenty feet; the fourth eighteen feet. The douches set apart for women have a fall of twelve feet each; the diameter of the fall is the same as in those of the men.

At the colony there is a douche which is available all the winter; this is not the case with the others. About half a mile out of the town of Friewaldau, there are four more douches, resorted to by both sexes. Nearly all the douches are at some distance from the places of residence of the patients, which occasion a walk to arrive at them, so that the body is in a glow, and better calculated to be benefitted by the effect of the water, when submitted to the process.

Parts afflicted should, for the greater part of the time, be exposed to the action of the douche, though it must be received occasionally upon all parts of the body, except on the head and face, unless this is especially ordered by Priessnitz. Weak chests should also avoid it on that part and the abdomen, otherwise the fall of the water on the lower part of the stomach or belly is not injurious. The atony of this region will not, however, always resist these means. The relief afforded by the douche, sometimes in a few minutes, in arthritic cases and rheumatism, is almost miraculous.

The douche being intended to put the morbid humors in movement, ought to be discontinued when it produces feverish excitement, to be commenced again when that has ceased.

The time recommended for the douche by different authors is, from one half minute to fifteen minutes. This, as all other strong impressions on the body, as a rule, should never be made with a full stomach, and generally not more than once or twice daily.—*Capt. Claridge.*

"The most intense impression which can be made by the application of cold water is by the douche—and there must

be in the system a very considerable amount of vital force to enable the patient to bear this method of application. A misapplication may so far lower the vital resistance as to make the re-action exceedingly difficult or even impossible. It may knock the patient so violently down as to make it difficult for him to get up again—thus giving rise to dropsical swellings of the legs and feet, venous congestion, piles, varicose veins, and other symptoms of deficient vital action. It sometimes produces the most extraordinary effects, as weeping, laughing, trembling, &c. In its proper place, however, it exercises a most powerful influence over disease; and seems to exert an especial impression upon the absorbents. I have seen tumors of long standing most rapidly absorbed, and disappear, under the use of the douche.”—*Dr. Ed. Johnson.*

WATER-CURE JOURNAL.

NEW-YORK, APRIL 1, 1846.

HYDROPATHY APPLICABLE IN TOWN AND CITY, AS WELL AS COUNTRY.

There is a very general tendency to the belief that water-cure is applicable in the main only in large establishments fitted up in the country expressly for the purpose. Many believers in the new mode appear to think that some oracular genius must be sought out, to whom only persons are to travel, often long distances from home, to be prescribed for. Nothing is to be done, it is thought, in a household and domestic way; it is dangerous; and as for the city, nothing at all should be attempted.

Now, we must repeat again, though it be for the fortieth time, *that the best part of hydropathy—incomparably the best, is the preventive part.* If we can succeed in persuading people daily to “wash and be clean,” to breathe freely the pure outdoor air God gives us all,—to exercise and expand the physical frame, in its healthful state so vigorous, so elastic,—to partake only of pure and healthful food, such as

angels almost would delight to live upon,—to give free play to those feelings, ever buoyant and joyous, that pervade the healthy frame: then, and not till then, do we accomplish what hydropathy is destined eventually to bring about.

The prevention of disease—it is a noble theme! The physician gets his bread, not by the “sweat of the brow,” but by attending people when sick. His calling, as a *physician*, does not incline him to teach his patients the prevention of their maladies; nor is it calculated, in the present order of things, to lead him to the investigation of the *causes* of disease. But the *philanthropist*, although a physician he may be, who delights to relieve from pain, has constantly before him a higher object. He warns his patients. You have eaten and drank; you have neglected cleanliness; breathed impure air; you have done here too little, and there too much; you have been discontented and displeased with life, making yourselves and those about you gloomy and unhappy; and, as an inevitable result of your violation of Nature’s laws, you have become sick. Avoid, as the most evil one, the multifarious *causes* of disease. Live in moderation; be temperate in all things, remembering that “Nature’s wants are always few.” Such would be the teachings of the man who feels it his most sacred duty and privilege to do all in his power to *prevent* disease.

What is to be done with our cities so teeming with disease? Are drugs so much more powerful for good than the pure element water, that they must here be resorted to? If water treatment is so much superior to any other in the country, may it not be as valuable, relatively, in the city? We think it is fully as much so. We delight to practise in the city, with such an overflowing abundance of pure soft Croton water, though it be often

among the poor, in by-ways and garrets, that we are called to attend. Here are thousands all about us, who know not one day where bread for the next is to be obtained. Shall not such who desire it, have the benefits of hydropathy? As far as one humble instrument can say, *they shall*; and the time is not far distant when, in this and other cities of "free America," *the rich shall be at the expense of rearing hydropathic charities for the poor.*

Here are many, too, who are better in this world's goods than those mentioned, and who yet are not able to be at the expense of sojourning in institutions from home. They must use water where they are, or not at all. Shall not these be attended to?

What shall we say for those of the better portion of God's creation, the mothers of our city, whom heaven has sent to bear and nurture our race, and many of whom have yet to labor hard to obtain bread for themselves and little ones? Shall these, in the most trying times of pregnancy and childbirth, be denied the treatment by water? Already there are mothers in this city, who thank the Dispenser of all good for the most wonderful benefits they have derived from water.

In short, then, we would say, let hydropathy be studied and understood everywhere. Let establishments, with the most perfect arrangements, be formed in various parts of the country. Let there be in city, town, and country, as many practitioners as God calls; let them be zealous in obtaining knowledge, ardent in the pursuit of relieving human suffering, and indefatigable in their endeavors to remove from the world the causes of disease; let society generally live according to the teachings of the new system, and there will be such a degree of health, vigor of constitution, and freedom from disease, as human beings never yet have known.

REMARKS ON Erysipelas, WITH CASES OF CURE.

Erysipelas may be defined to be an intense inflammation, that attacks almost any part of the body, but more especially the skin. It occurs, perhaps, oftener at and about the face. Professor Elliotson, of London, gives the following rather amusing description of severe cases of this disease: "When the face is affected, the eyes are closed, and the features lost, from the general swelling and effusion into the cellular membrane. The person becomes, in his appearance, as ill-looking a fellow as can be conceived. His nose is bottled, and is buried in his cheeks;—in fact, he looks as if he had been drinking hard, and had had a good drubbing. The features are set, the eyes closed; and there he lies, not to be recognized by any one. I know this by my own case, having myself labored under the disease. My friends brought a looking-glass, and on raising the upper eye-lid, I took a peep at myself; but the sight was so abominable that I begged that the glass might be removed."

Causes.—Cold and moisture, the great causes of inflammations in general, are usually the exciting causes. Spirit-drinkers, and those of gross and depraved habits, are always most liable to the disease. In some cases, very small injuries, as leech bites, and the like, are sufficient to cause a dreadful attack.

Treatment.—There is a strange fancy very common in our country, that it is perfectly dangerous to use cold water in this disease. It is difficult to account for this delusion. The fear is that the disease will be driven to some internal part; but no such case, we will venture to affirm, can be found. The same general principle applies here as in all other inflammations: the inflamed parts must be cooled, and in doing this there is not the least possible danger. Professor Elliotson, above quoted, affirms, concerning the treatment of this disease, that he had always found cold useful. He had never seen the disease recede in consequence of it, or internal disease produced by it. He used it in his own case.

It should be remembered there is always more or less pyrexia, or general fe-

verishness, attending this disease. This, in fact, constitutes the principal danger; prevent this, that is, keep it constantly at bay, and little is to be feared. Local applications of course, are to be made. The best plan is to proceed according to the sensations of comfort. If as much of the coldest water as the feelings indicate is applied, and the general feverishness kept down, those frightful swellings spoken of will never take place.

Cases.—About one year ago we had the honor to prescribe for our friend Mrs. Goss, of 26 Vesey street, then suffering from a severe attack of erysipelas of the face and neck. The heat and swelling had gone on to a very considerable extent before we commenced. We directed that the face and neck should, as far as practicable, be immersed in cold water, and this as frequently as was agreeable. By kneeling at the side of a chair, and having upon it a large bowl of water, the object could be tolerably well effected. At other times wet cold cloths were to be kept upon the parts. Two general baths per day were to be taken. Only a little water gruel, and perhaps an apple or two daily, were to constitute the food. By these means, perseveringly carried out, a radical cure was effected in about three days, so that Mrs. Goss was about as usual. Awhile after, a friend of hers had the same disease. She recommended her to have water treatment, as she had done. Her physician, learning what treatment Mrs. Goss had had, said, very confidently, that her constitution was one of hundreds, or she could not have endured it; but the fact is, Mrs. Goss has naturally a feeble frame. The treatment was the safest possible that could be adopted.

Case 2d.—In the month of Sept. last Mr. Wetmore, a gentleman residing in the boarding house kept by Mrs. Goss above mentioned, was violently attacked with erysipelas of the head. The general fever had already become very high, and the swelling large and very hot. By the use of wet sheets, baths, cold applications and immersions of the parts affected, together with fasting, Mr. W. was enabled to walk out each day, and quite cured in four days. He was directed to take a thorough cold bath as often as the fever

came up, even if it were twenty times in a day. The night in which the disease was the worst he took four long continued Croton shower baths between ten at night and six in the morning. The fever raged; he took a thorough cooling in the shower, slept soundly then awhile, and as the fever again arose, repeated the bath, and thus obtained a tolerably good night's rest, and was quite himself in the morning. Such are the modes of treating this often dangerous affection, erysipelas. It is a disease attended with great heat, and always the more there is, the more charm-like the cold water acts.

OF PARONYCHIA, WHITLOW OR FELON, AND ITS CURE.

The word *paronychia* is derived from two Greek words, signifying "near" "the nail." This name was given anciently to an inflammation seated near this part, generally of the fingers, but sometimes of the toes. It may be seated quite near the surface, but is generally deeper, and often between the periosteum, or enveloping membrane of the bone, and the bone itself. The disease is generally known by the name of *whitlow*, or *felon*, the latter being the more common name, especially when it is severe.

Causes.—Mechanical injuries appear sometimes to cause the disease. It comes on oftener, however, apparently without any exciting cause. As far as the writer's observation extends, the disease attacks only persons whose general health is not good. Such, at least, appears to be the general rule.

Treatment.—As this is one of the most painful affections to which we are subject, the treatment is no unimportant matter. There is an old woman's remedy which we will first mention,—one which is said sometimes to have effected a cure, especially if it is taken early. A vessel of weak ley is placed upon embers or a hot stove. The part affected is immersed in the liquid of a moderate temperature, which is gradually raised to as high a heat as can possibly be borne, so that the part is quite "par-boiled." We do not doubt but that such a mode will, in some cases, at once destroy the inflammation. Probably pure

water, used without the ley, would be fully as good.

But, often, the inflammation goes on in spite of all ordinary means. What then is to be done? The mode, according to surgery, is freely to open the part. Lay it open for some distance beyond the tenderest part, deep down to the very bone. Thorough work must be made of it the first time, for patients never let us make the second attempt. In some instances, at the urgent request of patients, we have resorted to the knife, but we confess we would not allow it to be used upon ourselves; we should prefer keeping the part free from pain, and letting it take its course. We believe keeping it constantly immersed in ice-cold water would form the most effectual means of arresting the inflammation and preventing its raising to a head; and that this mode is certain to quell down the pain most effectually, every one who has the opportunity may test for himself. This is an affection in which we have a perfect demonstration of the great power of cold water to quell pain. Severe as it may be, we immerse the part in very cold water, when, all at once, the pain grows less and soon dies away. Keep it thus immersed, taking care to keep the water very cold, and the pain does not return. We lately had a case in which a physician's skill had been exhausted, and for days the patient could get no sleep. But by having a large bowl of cold water at his bed-side, and keeping his hand immersed therein, he could sleep as well as any one, and keeping the bad finger thus constantly cool, it soon got well. Stranger is it, that the world has been so misled in the use of remedial means. The remedy, of all others the most powerful for good, rains down upon all, and is yet rejected. Thus it shall not always be.

GOOD RESULTS OF BATHING AND DIETETIC REFORM IN PREGNANCY.—A CASE.

We have given cases illustrating the good effects of bathing and dietetic reform in the period of pregnancy. About one month since, Mrs. Bensel, residing at 269 Houston street, of this city, wished us to prescribe in her case, supposing herself to be within one month of the end of her first pregnancy. She suffered much

with headache and indigestion, and was restless at night. Her husband had, for many weeks, been dangerously ill; a number of children, (those of her husband by a former wife,) she most faithfully cared for, was night and day upon the watch, often sleeping scarcely at all during the night, and undergoing much fatigue, both in and out doors, during the day, so that her condition was in every respect a most trying one; but woman's patience, endurance, affection, watchfulness, and never varying care in times of sickness, what can surpass?

We recommended Mrs. Bensel at once to discontinue the use of tea and coffee, to avoid, as far as possible, all rich articles, particularly butter, hog's lard, fat meats of every kind, and to partake of but very little flesh meat, and this not more than once per day. Daily ablutions were at once commenced. She walked often in the open air. Need we add that there was soon experienced a great change for the better in health? Headache and indigestion were very soon almost entirely gone, and, notwithstanding her arduous cares, she is now (March 18th) as well, she says, as need be. Can it be supposed that such management will have no good effect in the trying time of childbirth? A very few days, or perhaps hours, only will show us.

(To be continued.)

To cause vomiting by water.—It is sometimes necessary to cause vomiting. Persons not unfrequently so overload their stomach that it gives them neither peace or comfort until its contents are expelled. When then the stomach is deranged in this way, water should be taken of a tepid mawkish temperature, not too hot, but just such as is the most "sickish" as it is said; as much is to be drank as possibly can be; there is no danger of taking too much; usually, at first, undigested food is thrown up with the water; drinking largely again, there will come up foul matter, perhaps acid, or bitter, or both, and after continuing alternately drinking and vomiting long enough, pure water only is returned. This is an indication that the process has been carried on sufficiently. In a great many cases of sudden illness, as

colic, cramps in the stomach, much acidity, severe heart-burn, diarrhœa, cholera morbus, &c. &c. one of the best possible things to do is at once to cause vomiting by water. Water vomiting is one of the easiest, the most speedy, and one of the most effectual of all modes; even when drug emetics of whatever kind are given, water is depended upon to effect the *cleansing*. Water is the great thing. With proper management, that is, by taking water enough, there need be no failure when we wish to cause vomiting. Animals that are poisoned, as cats and dogs, always instinctively take to water to cause vomiting.

To arrest vomiting by means of water.—

There are every now and then cases of derangement of the stomach and bowels, in which vomiting is so very severe that the ordinary modes prove entirely inadequate. Such vomiting is often caused by medicine, food or drinks administered. People seem to think that if one thing will not do, another must be tried, and so the stomach is kept constantly irritated, and is made to reject its contents. Now in many such cases, if everything were withheld for twelve or twenty-four hours, the stomach would become quiescent. It is well however, in cases of severe vomitings, first to give large quantities of tepid water so that the organ is completely cleansed, after which tea-spoon doses, or at most very small drafts of the coldest water prove useful to settle the stomach, as it is said. Vomiting not unfrequently is caused by the state of the bowels as well the stomach. In such cases the bowels must be effectually cleansed as well. We suppose that in almost any case the whole alimentary canal may be completely washed out in the course of an hour or two by very copious drinking, vomiting, by repeated and large injections, kneading the bowels, and the like.

Brown Bread Milk Toast is a tolerably plain dish, and one that is much relished by almost all; still, we think an improvement may be made upon this form of food. The toasting of bread certainly improves it. The yeast, which is always, to some extent, injurious, is driven off by the heat;

besides, the bread is purified and freshened in other respects, heat always acting as a purifier or disinfectant. Those who have good teeth, and do not eat too much in a hurry as most persons do, may masticate the dry toast well, taking between times very small quantities of milk. Those who have not good teeth, may have the toast soaked in water, taking the milk, little by little, as before said. Unless mastication and salivation are very thoroughly performed, the bread should be soaked at any rate, as otherwise it swells in the stomach more or less like a dried apple, causing more or less distress. The advantage in taking the milk separately is this: milk is to some extent an oily substance: if the bread is saturated with the milk, the particles of the food become more permeated with the oily character of the milk, and the digestion is rendered more difficult. Be this as it may, every one can make the experiment for himself. We all know buttered toast, that is, toast in which the butter is made to permeate the substance of the bread, is much more difficult of digestion than that in which the butter is spread upon it as it is eaten. The more the oleaginous principle is mixed with the food, the more difficult is digestion.

Cold applications in the severe itchings of skin disease.—Professor Elliotson, of London, as we have shown often, speaks strongly in favor of the applications of water. In treating of *prurigo*, a disease of the skin, attended with terrible itching, often so severe that the patient's health is worn down to extreme debility and exhaustion, says "we often find relief from a fomentation of prussic acid. The woman who was so bad from *prurigo pudendi muliebris* (*prurigo* of the genital organs) found great relief for a time from applying prussic acid. She used it at length to such an extent and of such a degree of strength, that it produced giddiness and fainting, so that she could not stand it, and yet it did not cure her complaint. It appeared at last, that the best thing was a cold application, and therefore she had a pail of water brought into her room at night, and used it very frequently." We suppose that not many

years will pass by before it will be universally understood that pure cold water is incomparably the best remedy, the most speedy in its effects, as well as the most lasting that can be used in any manner of skin disease or itching. The cold hip bath taken as frequently and of as long duration as would be necessary to quell the symptoms, would have proved a perfect charm in the case above cited.

CASE OF MR. WILLIAM HILL.

(Continued from page 124.)

In giving in our last Mr. Hill's case of severe and long continued skin disease upon the face, we somehow among us very strangely omitted to tell the best part of the story. Mr. Hill was with us a little less than two weeks, and in about one week the face became apparently well, the swelling had all gone down, there was none of the smarting he had so much of when commencing, and the general health was very much improved. We cannot suppose that the *tendency* to the disease was wholly eradicated from the system in so short a time, but by a continuance of the treatment, no doubt, a thorough and permanent cure will be effected. Considering the length of time the disease had existed, its obstinacy and the amount of treatment that had been undergone, the cure thus far is a most remarkable one. We design again months hence to state the results of this case.

DANGERS OF DRUGS.

A doctor killed by his own prescription.
—We have just seen a private letter from Macon, Ga. stating that Dr. Ambrose Barber, an old and highly esteemed physician of that place, died on the 8th inst. from the effects of his own medicine. He wrote a prescription for a dose composed in part of Prussic acid, to be administered to a patient. The druggist sent the medicine with a message that whoever took it would be killed.—The patient thereupon refused to take it, when the Doctor, to convince him that there was no danger, swallowed it himself. He died in half an hour. The prescription was copied exactly from a medical work, but the quantity of Prussic acid was eight times greater than it should have been. So

much for the effects of a typographical blunder!—*N. Y. Daily Tribune.*

Accidentally poisoning by medicine is not so unfrequent as we might at first suppose. Only yesterday a physician informed us that a case had just come to his knowledge in which a mistake similar to the above was made. The latin prescription was wrongly written; that is, a single syllable was wrongly written, by which a deadly poison was administered and which nearly destroyed life. Dr. Wright, of Belmont, Ohio, is our informant. His preceptor was called to administer in the case, and by the judicious use of cold water, the patient was saved. We suppose no drug physician ever goes through with an extensive practice without committing errors of a dangerous, if not fatal kind. We knew of an instance in which a physician through mistake administered with his own hand, a deadly poison. On reflecting upon what he had done, he returned back to his patient, a young lady, and told her and her friends *that he had made an awful mistake, that she must die, and himself was the murderer.* Heaven preserve us from a fate like this!

WATER DRESSINGS IN SURGERY.

Since the great discoveries were made by Priessnitz in the remedial uses of water, surgeons appear to have employed the water dressings, as they are called, much more than formerly. For some years past the "German water dressings" have been spoken of. In England these have been used considerably, and within three or four years by some surgeons in this country. Professor Mutter of Philadelphia, an experienced surgeon, gives us the following in his edition of Professor Liston's work, a London publication. The Professor agrees with Mr. Liston in the superiority of the water dressing in wounds and injuries, as follows: "In lacerated wounds, to which Mr. Liston refers in the text, no dressing is comparable to *water*, in some form or other, and for several years I have employed, as a *first dressing*, nothing else. In summer I use *cold*, and in winter *warm*, and apply it as recommended by Liston and McCartney, viz. after cleansing the wound, and approximating its edges, whenever this is

proper, pledgets of *patent lint* dipped in water are to be gently placed upon its surface, and the whole covered with a piece of oiled silk, to prevent evaporation. In summer I have found it best not to apply the oiled silks, as it keeps the part too hot, and in its stead apply *two thicknesses* of wet lint, which will retain the moisture much longer than one. An assistant should, also, about every half hour, pour a spoonful or two of water over the dressings, but without removing them. Thus treated, I have seen the most terrific lacerated wounds from machinery or gunshot heal most rapidly by the first intention. Only a few weeks since I treated the son of a professional friend, who had received a severe lacerated wound, with the loss of a portion of two fingers, from the bursting of his gun, by the cold water dressing, and nearly every fragment of skin that could be placed in a proper position, united by the first intention."

Water is the greatest of all agents to remove and prevent inflammation and pain, and it is as important to growth in animal as vegetable life. When the healing virtues of cold water become thoroughly and generally understood, most of the mutilations of the human body will be prevented, as well as many cures effected in injuries that have been hitherto too often fatal.

EXTRACT OF A LETTER FROM DR. JEWETT
OF OHIO—FORMATION OF AN ESTABLISHMENT, &c.

Mogadon, Portage Co. Ohio,
March 4th, 1846.

Dr. Shew,

Sir,—I was brought up after the strictest sect of our profession, an Allopathist, was very zealous in its theory and practice. By a perusal of Liebig's Animal Chemistry, and Billings' First Principles of Medicine, my views of the most proper means for the removal of disease have undergone an entire change. I have had numerous occasions for gratitude and thanksgiving to the Author of my existence that I became acquainted with the remedial powers of water; and there are many individuals in this vicinity who will always have water in remembrance as their being saved from severe if not fatal physical

maladies. I have had the pleasure of seeing its salutary effects in an epidemic typhoid pneumonia, which has raged in some sections of Northern Ohio this winter; not one has as yet died that I have had access to, and several that have come under my supervision were in the last stage of the disease or the state of collapse. I am now fitting up an establishment in this village for the reception of patients, where I can give them the full benefit of water. I shall be in readiness for the reception of invalids by the first of April next. I have pure spring water running into the house, and every facility necessary for its appliance for the removal of disease. There are thousands of individuals in this state to whom life is a burden who have been laboring for years under some chronic physical malady, such as chronic bronchitis, incipient consumption, liver complaint, dyspepsia, &c. &c. which I am persuaded might be relieved by a residence for a short time at some establishment for water-cure.

Yours, &c. M. JEWETT.

The clothing ordinarily used for infants is by far too complicated and tedious to be arranged. Many an infant is seriously injured by its being made too tight. How unkind, inconsistent, and even *barbarous*, is it that mothers should believe that the author of our existence frames the human body imperfect. The Chinese mother believes the foot too large; the Indian mother that the head is too round, and the European and American mother that the stomach is too large. Think you, fond, proud mother, that the vital organs are to be compressed without harm? Infinitely sooner let a constant weight be kept upon the most painful corn.

The Half-bath signifies sitting in some vessel of water, having but a part of the person immersed. The other parts, as well as those immersed, are rubbed with the wet hand, a wet brush, towels, &c., longer or shorter, as may be. Sitting in a partly filled wash-tub, with the feet outside, is a very good mode for the half-bath.

Cheese is a peevish elf;
It digests all but itself.—*Old Saying.*

It is natural that new-born, healthy infants sleep the greater part of the time. They should not be worried and fretted by too frequent and irregular nursing, once in three hours being often enough for the youngest and most delicate. After nursing, keep them awake awhile, if possible, and in nearly an upright position, since the stomach in that case the better undergoes its natural motions in digestion, and, besides, the process goes on in every respect better in the waking than the sleeping state.

✂ We shall occasionally send to our subscribers extra numbers of the Journal, which we will thank them to use in such way as they think best to forward the work. A little effort of this kind from each of our friends, will aid much. Let the good work go on.

✂ Editors, who think favorably of our system, will do us a great favor by noticing the Journal occasionally; and if they will send us marked copies of their paper, we shall be glad to send the Journal regularly in return.

The Douche is a compact stream of water falling from any desirable height, and is received upon different parts of the body according to the necessities of the case.

That city is in a bad case whose physicians have the gout.—*Hebrew Proverb.*

Few die of starvation, but millions from excess in food.

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Notice of the Work.—"This book is full of excellent advice and instruction for all, whether believers in Water-Cure or not. Its directions for the preservation, as well as restoration, of health are very good, very plain, and all practical; and no person can observe them faithfully without benefit. A great amount of valuable information with regard to Diet, Bathing, Treatment of Children, &c., &c., is here collected from the best authorities, with excellent directions for preparing healthful food and applying Hydropathic remedies."—*N. Y. Tribune.*

HAND BOOK OF HYDROPATHY; or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water. Edited by Joel Shew, M. D. Wiley & Putnam, New York.

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FACTS IN WATER-CURE.—A Collection of Cases, with Details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Indigestion, Hypochondriasis, Fevers, Consumption, &c., &c., from various authors, by Joel Shew, M. D.

This work is mainly composed of European cases, and are such as can be implicitly relied on. They are good illustrations of the Water Treatment.

✂ These three works we can send by mail to any part of the United States, and, under the new post office law, at a few cents' expense. The three together are afforded at one dollar. The Water-Cure for Ladies, at 50 cents, or the Hand Book and Facts, at the same price; either of which sums may be enclosed and sent postpaid by mail.

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